

Triennial Wellness Policy Assessment Report

As required by law, each school Food Authority (SFA) must establish a plan for measuring implementation of the local wellness policy, including designation of one or more persons with operational responsibility for ensuring that the school is meeting the policy. Assessment should be ongoing. Requirements also include permitting community participation [7 CFR Part 210.31 (d)] and having a team of collaborators responsible (including those from the community) for reviewing the wellness policy and evaluating results [7 CFR Part 210.31(d) (1)].

A sustained effort by each SFA is necessary to assure that new policies are faithfully implemented. Periodically assess how well the policy is being managed and enforced. Reinforce the policy goals with school staff if necessary. Be prepared to update or amend the policy as the process moves on. The school district or individual schools should celebrate policy success milestones.

The regulations require each SFA to compare their local wellness policies with the model local wellness policy [USDA Memo SP24-2017 and 7 CFR Part 210.31 (e) (2) (ii)]. **The model local wellness policy is available through OKDHS School Nutrition Programs.**

Note about the model local wellness policy: It is important to keep in mind the fact that the model local wellness policy is best practice, and exceeds current program requirements.

Evaluation and feedback are very important in maintaining a local wellness policy. You need to document any financial impact to the school foodservice program, school stores, or vending machine revenues.

It is also important to assess student, parent, teacher/staff member, and administration satisfaction with the new policies. A good evaluation plan does not need to be extensive, formal or put additional undue burdens on staff that is involved in the process.

Through the evaluation process, you will be able to answer some basic questions that are very important to policymakers, students, school staff, parents, and the general public:

Designated Person(s) responsible for review and compliance [assessment of the policy and implementation of the policy as required by 7 CFR Part 210.31 (e) (1)]:

Designated Person's Name	Designated Person's Name
John Lepine Sr.	Philip Abode

Date of Review	March 8, 2021
----------------	---------------

Triennial Wellness Policy Assessment Report

Name and title of committee members participating in assessment [7 CFR Part 210.31(d) (1)]:

Name	Title	Relationship to the SFA
John Lepine Sr.	Principal	Employee
Philip Abode	Executive Director	Employee

1. What changes to nutrition education, physical activity, the nutritional quality of foods available to students, and other aspects covered by the policy occurred in each school as a result of the district wellness policy and the last assessment?

For example:

- Did the number of students participating in nutrition education change?
- Did the students have a different number of minutes of physical activity?
- Did any of the campuses change available food options?
- Did participation in the National School Breakfast or Lunch Program change?

As a result of the district wellness policy, all middle school students participated in a daily Physical Education class in 2017-18, 2018-19, and 2019-20.

As a result of the district wellness policy, all middle school students participated in academic units about sleep and nutrition as part of Physical Education in 2017-18 and 2018-19.

Triennial Wellness Policy Assessment Report

2. Are the goals listed in the current Local Wellness Policy implemented (review policy)?

Yes	No
-----	----

If no, what steps are being taken to ensure implementation?

Some of the goals are no longer practicable due to changes in the school size and schedule, so new goals need to be developed for an updated wellness policy.

The Physical Education teacher in position from 2017 through spring 2021 is being re-assigned next year.

3. Describe the progress toward attaining the following required goals in the local wellness policy [7 CFR Part 210.31 (e) (2) (iii)]:

a. Goals for nutrition education:

Partial progress toward goal, with academic units in Physical Education class being de-emphasized in 2019-20 as a result of growing class sizes in middle school PE due to growing enrollment.

All 9th grade students participated in a Health elective course in 2019-20, including units about nutrition and healthy eating.

b. Goals for nutrition promotion:

Goals were designed to be implemented via Middle School Physical Education class, but were largely ignored.

c. Goals for physical activity:

Goals for student participation in Physical Education, free sport, and active recesses were completed or exceeded, but goals for specific benchmarks (e.g. number of push-ups) were not.

d. Goals for other school based activities:

Goals were partially completed, with some school events and field trips that promoted healthy eating and physical fitness, especially in elective classes in spring 2018, spring 2019, and spring 2020.

4. What is the assessment of the current Local Wellness Policy?

For example:

- Is it making a difference?
- What's working?
- What's not working?

Triennial Wellness Policy Assessment Report

The Local Wellness Policy is not making much of a difference. While aspects of the initial policy have guided the plans for middle school PE to promote nutritional awareness and physical activity, the Policy has not been referenced for ongoing planning for middle school Physical Education classes, and many details included in the Policy have been neglected or ignored. Meanwhile, parental concerns have been voiced about the availability of unhealthy food to students during school hours (either brought by students or provided by staff for prizes and celebrations), all while older students have started asking parents to drop off fast food for them during meal times on days when they don't want to eat the school lunch.

5. Were recommended revisions in the last assessment adopted into policy?

Yes	N/A
-----	-----

If yes, date of last revision	N/A
-------------------------------	-----

6. Has the review team compared policy to other Local Model Wellness Policies as required by USDA mem SP24-2017 and 7 CFR Part 210.31 (e) (2) (ii) (**contact OKDHS School Nutrition Programs for a copy of the model wellness policy**)?

Yes	No
-----	----

Triennial Wellness Policy Assessment Report

7. How can the impact of the policy be increased to enhance its effect on student health and academic learning?

A substantial revision to the School Wellness Policy is recommended for future years, with a comprehensive plan for promoting healthier snacks in school, as well as policies governing outside food (processed food, fast food, etc.). This recommendation will be remanded to the Parental Advisory Committee for deliberation.

8. Did the school provide this review and updates to the community and team collaborators?

Yes	No
-----	----

**7 CFR Part 210.31 (d) requires the public posting of the local wellness policy and the triennial wellness assessment report.*

If you need further information on the evaluation process, the following resources are among those available to assist you:

Evaluation Primer: An overview of education evaluation. This material is excerpted from ***Understanding Evaluation: The Way to Better Prevention Programs*** [PDF].

Evaluating Community Programs and Initiatives (chapter 36-39 of the Community Toolbox) developed by the University of Kansas Work Group on Health Promotion and Community Development. This document contains information on developing a plan for evaluation, methods for evaluation and using evaluation to understand and improve the initiative. Available at:
<https://ctb.ku.edu/en/evaluating-community-programs-and-initiatives>

Reference:

Team Nutrition Local School Wellness Policy Page, United States Department of Agriculture. Located at:
<https://www.fns.usda.gov/tn/local-school-wellness-policy>